



## 2002 SUMMER ENCAMPMENT HEADQUARTERS

Minnesota Wing - Civil Air Patrol  
United States Air Force Auxiliary  
PO Box 11230, St. Paul, MN 55111-0230

MEMORANDUM FOR ALL CADETS, FOURTH CADET TRAINING GROUP, MNWG

01 May 2002

From: Major Todd Mandel, Commandant of Cadets

Subj: Health and wellness issues

Encampment is a rigorous and difficult week filled with marching, physical training, exercise, obstacle courses, and many other physically demanding activities. All of these activities are designed to test your abilities as well as expose you to new opportunities and experiences. However, to be successful you must maintain good health and keep yourself in good condition to participate in the activities. The Encampment Medical Officer has asked that I address several wellness issues with you prior to your arrival at encampment. Many of these issues **can and should** be addressed prior to coming to encampment. The small actions you take now will save you much frustration, hassle, and even pain later.

**FOOT CARE & FOOTWEAR:** A lot of encampment will be spent on your feet. Marching is how we get from point A to point B most of the time. Therefore some common sense measure will make this experience much more enjoyable for you:

- DO NOT buy new boots or shoes right before encampment! Your boots and shoes MUST be broken in before you arrive. If you buy new boots prior to encampment, wear them in the shower and then let them dry on your feet so the mold to the shape of your feet. Also walk several miles in them several times a week for at least two weeks.
- BRING plenty of moleskin and blister care products
- If your feet become sore when wearing your boots or shoes, buy gel insoles.
- Bring sufficient socks to wear two pairs per day. Also bring thin nylon socks to wear inside the cotton socks you will wear with your boots.
- Female cadets should wear dress socks instead of nylons IF wearing slacks. Note that nylons MUST be worn with skirts.
- Each night you will be helped with checking for blisters. You must bring blister care products to treat the blisters you will likely develop at some point during the week.

### REST AND SLEEP

- You will be scheduled to get EIGHT hours of sleep per night at encampment. Take advantage of it as there are no naps.
- You will go to bed at 2100 hours and wake up at 0500 hours daily. Begin moving your sleep pattern to match that prior to encampment if possible.
- Do not stay up and night and chat for two reasons. The first is that it will rob of you of needed rest. The second is that it is a violation of the Encampment SOP and will subject you to disciplinary action.

### HEAT CARE/PREVENTION OF HEAT INJURIES

- In can get hot in North Dakota in June. BRING YOUR CANTEEN with you. You will be expected to drink TWO GLASSES of water with each meal as well.
- We will use the Air Education & Training Command's guidelines for determining the safety of outdoor activities. It considers temperature, humidity, and heat index in setting safe activity parameters.

### MEDICAL CONDITIONS/MEDICATIONS

- Please bring ALL prescription medications with you (**including asthma inhalers**). **If you normally take a prescription to treat ADD/ADHD conditions please bring a week's supply with you.** Encampment requires studying and includes many classroom environments.
- Please be sure that you included all medical conditions on your application. If you forgot to include something please contact me prior to encampment.

We want you to succeed, and you can only do that if you are healthy and feel well. By following the tips in this letter you can have a more enjoyable and successful encampment experience.

TODD MANDEL, Major, CAP  
Commandant of Cadets